

LONDON metro®



Derek Sproul
Finch
May 31



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I WILL RIP APART THIS WASTE OF PAPER ... IN A SEC

CAMPAIGN ASKS YOU TO OPT OUT OF YELLOW PAGES DELIVERY **PAGE 4**



Nothing can truly destroy a Twinkie

Treat to return on July 15, making a comeback after Hostess went bankrupt **PAGE 7**

I get knocked down, but I get up again

Man holds charity concert after relearning how to sing due to joint condition **PAGE 2**

Woman calls for an end to 'revenge porn'

Victim backs new legislation after her ex posted a nude video of her online **PAGE 6**



Residents near downtown Calgary load bins with their mud-soaked belongings on Sunday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Ex-Londoners caught up in Calgary floods

Thames can't compare.

Residents struggle to comprehend destruction as city cleanup begins

No frame of reference

"It's the craziest stuff I've ever seen in my life."

Hockey coach Paulie O'Byrne



MIKE DONACHIE

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The destruction caused by the flooding in Calgary left ex-Londoners in the city shocked after a traumatic weekend.

Million-dollar houses had rivers flowing through them as the forces of nature took over.

"It's the craziest stuff I've ever seen in my life," said hockey coach Paulie O'Byrne,

28. "I didn't really know water could have that sheer power."

O'Byrne's home wasn't affected by the disaster, but he said his best friend's place is "all underwater."

"It's a really sad situation. They have two girls and all their toys have been destroyed."

It was especially shocking for a Londoner used to a placid river.

"The Thames River doesn't flow like this, ever. I've fished on the Thames River and I've

boated on it," O'Byrne said. "I would never expect anything like this."

Tara Reaburn, an ultrasound technologist from London, was told to leave her condo. She went to her boyfriend's home, but that area was cleared, too, so they switched to a friend's house.

"It's starting to recede now, but the amount of debris is just staggering," Reaburn said.

"Like people said on the news, picture how bad it can be, and it's worse."

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Put the lime in the coconut

Maddison Deppe, left, and Kira Hoffman cool down with a drink each at the London International Food Festival at Victoria Park on Sunday. The event left crowds baking in the summer sun and humidity, but there was plenty to do in the hot weather. As well as more than 100 stalls at the food festival, there was the Beer and BBQ Show in the Western Fair District and performers at Ladyfest. KEVIN HURREN/FOR METRO

Singer taught himself to sing again after illness

Rare genetic condition. Justin Hines has been hit hard by Larsen syndrome and is now going on tour to give back

KEVIN HURREN
london@metronews.ca

Justin Hines understands struggle.

With a love of music and a desire to sing, Hines' passion for performance helped him deal with Larsen syndrome — a rare genetic joint condition.

While working on his newest album, *How We Fly*, a byproduct of Hines' condition curved his spine and seriously affected his breathing patterns.

Forced to re-teach himself how to sing, the Newmarket, Ont., native decided that the tour of *How We Fly* would be dedicated to overcoming challenges.

As such, all proceeds

from the tour — titled *Vehicles of Change* — will go to local charities.

"A lot of the places and charities we're supporting are great people who need a little bit of a hand, just like I did," said Hines, who looks forward to playing for all the organizations scheduled to host him.

When he comes to London on July 15, Hines will be playing in support of *One Good Turn*.

Established four years ago, *One Good Turn* is a giving circle in London.

This means that instead of being a registered charity, the group is simply a collection of women who want to make a small, local difference.

Their projects have included funding a student's learning opportunity, buying service dogs and helping high-school workshop initiatives.

Tamy Storrington, one of the founders of *One Good Turn*, first listened to Hines' music in 2010. As soon as

Buy tickets

Those interested in prolonging the tour or hosting Hines at an event can visit pledgemusic.com. Tickets for his London show can be purchased at highaltitudethinking.ca or by calling 519-670-2817.



she heard about his *Vehicle of Change* tour, she made the call.

"He's a pretty amazing person," said Storrington.

"We've got a couple of young ladies we'd like to help this fall with university expenses so we're hoping to raise for that with Justin's help."

Until Hines reaches London's Central Library in July, he'll be playing at a variety of venues for a number of different causes.

This kind of diversity is what makes the tour, which started Thursday in Whitby, Ont., so exciting, he said.

Quoted

"A lot of the places and charities we're supporting are great people who need a little bit of a hand, just like I did."

Singer Justin Hines, who has a rare genetic joint condition, looks forward to playing for all the organizations scheduled to host him.

Lights. Camera. Youth engagement?

Though getting young people involved with the community may not seem to have a lot in common with filmmaking, the two were brought together for the Real Voice Film Festival.

The festival, presented by the Boys and Girls Club of London and the City of London, featured 10 films. The collaboration between the organization and the

city came from a desire to empower local youth by allowing them to share their ideas, thoughts and visions with the city on a larger scale.

The 10 films, all screened in the Central Library's Wolf Performance Hall, dealt with a wide variety of topics.

While one film focused on the effects of cyberbullying, another presented ways

to find expressive outlets in London.

Chris Harvey, the chief executive director for the Boys and Girls Club of London, wanted the project to not just involve young people, but to be run by them.

As such, Harvey hired a number of youth to oversee the creation of the films.

One of these youth was

18-year-old Stefan Sago.

Sago took on the role because of a love of filmmaking, and spent the last few weeks editing films and advising other youth on their projects.

Sago was just one of the many young people who had a chance to shine in the festival.

"With the festival, we showcased these youth and

their talent — and that there is stuff going on in London," he said.

After being impressed with both the level of youth involvement and the turnout at Saturday's event, Harvey also recognized the artistic potential young people have.

"I think it's important that we let youth have a voice and share their ideas," he said.

KEVIN HURREN/FOR METRO

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Youth. Life-saving mental-health resource secures more funding

Alicia Raimundo attempted suicide when she was 13 years old.

Years later, she saved the life of someone else who was about to jump in front of a subway train in Toronto.

Raimundo, now 24, said one of the main reasons she's been able to turn her life around and, in fact, help others is because of the assistance she received at London's mindyourmind — a program dedicated to providing teens and young adults with tools to deal with and overcome mental-health issues.

Provincial Health Minister Deb Matthews announced \$360,000 in annual funding for the program on Friday.

"The minister has been a huge supporter of our program right from the beginning in 2003," said director and co-founder Maria Luisa Contursi. "That has carried right through, and today is a great day to celebrate."

She said young people, in particular, feel alone with nowhere to go when they battle depression and anxiety.

"When youth feel they're being brought in as partners, something shifts in the conversation and something shifts in how you bring those resources to them and how they use them and get help for themselves and others," Contursi said.

Raimundo, now a volunteer with the organization, and fellow volunteer Deanna



Health Minister Deb Matthews

METRO FILE

Ruston, who also received help from the program, said the government money is needed and will be used well.

"Through (mindyourmind), I learned to be properly empowered and my life was changed," Raimundo said. "I started sharing my story, something people thought I'd never be able to do."

Every time she walks through the doors of mindyourmind, Ruston is filled with feelings of "hope, happiness and determination."

"Being involved with mindyourmind has allowed me to help others as well as help myself," she said.

Family Service Thames Valley chair Dr. Bob Young said the program's reach goes far beyond the Forest City.

"It's contacted by literally millions of people," he said. "It's London-based, but its (impact stretches) Canada-wide and, indeed, international."

SCOTT TAYLOR/FOR METRO

Premier. Wynne to walk tall at T.O. pride parade

Canada's first openly gay premier, Kathleen Wynne, will march into history later this month when she becomes the first sitting premier to take part in Toronto's annual gay pride parade.

Wynne, who is married to Jane Rounthwaite and has three children and two grandchildren, said attending gay pride activities is an annual event for her.

"Well, it's part of summer, you know," she told The Canadian Press in an interview.

"Every year I take part in the pride events. Jane and I go to the Pride and Remembrance Run on Saturday morning. I go to the church service, which is always very, very moving, on Sunday morning, and of course I walk in the parade."

Brenda Cossman, director of the Bonham Centre for Sexual Diversity Studies at the University of Toronto, said Wynne's

Quoted

"I've had people from the lesbian, gay, bi and trans community say to me that Pride is like the biggest celebration of the year for them because they're not part of their families, they're excluded from family holidays. So Pride is like their extended family acknowledging them."

Premier Kathleen Wynne

participation sends the best possible message.

"We have an obligation to the next generation to be out; to show them that they too will be able to find their way in the world," said Cossman.

THE CANADIAN PRESS



Jesse Helmer flexes his muscles as he takes on an unwanted Yellow Pages. MIKE DONACHIE/METRO

Go green with the Yellow Pages

Better London.

Campaigner wants residents to opt out of directory delivery

A Forest City campaigner is out to save paper and help the city cut recycling costs by encouraging people to refuse delivery of the Yellow Pages.

Jesse Helmer, who leads the Better London "good ideas" campaign, wants people to sign up at optout.ypg.com.

Helmer, whose 33rd birthday is Monday, said, "Nobody, as far as we can tell, nobody

Five other uses for a phone book

- | | |
|-----------------------------------|---|
| • Training for a circus strongman | summer day |
| • Booster seats for short drivers | • Keeping a computer monitor at eye level |
| • Helpful doorstop on a hot | • Best weapon against an army of ants |

wants a Yellow Pages delivered to people who don't want them.

"The people who have them delivered don't want them, Yellow Pages don't want to deliver them, and the city doesn't want to pick them up and recycle

them.

"Nobody is opposed to this idea of opting out. Yellow Pages started it themselves a couple of years ago.

"But the take-up has only been one per cent. So the problem is that people don't know

about it."

As of Sunday, Better London's campaign had attracted 164 people, with a target of 500.

Yellow Pages could not be reached for comment, but Better London's Facebook page shows the company supports the idea.

Spokesman Jean-Phillipe Boutin posted that the company has cut its paper use by 60 per cent in four years and more Canadians are using its websites and apps.

He said directories account for less than 0.6 per cent of Ontario's recycling costs and Yellow Pages pays half.

MIKE DONACHIE/METRO

Busy week lies ahead for London city council

London is baking in the heat already, and council has a busy week ahead to clear its business before the summer break.

A special planning meeting Monday is expected to lead to a recommendation on the future of at least one of the two residential/retail towers planned by Fincore Group for the SoHo area. The same meeting will hear of plans for retail zones along Wonderland Road.

Those issues will be ruled upon by council itself on Tuesday, at its final meeting before the four-week recess, though its agenda is already packed.

Toronto Maple Leafs owner Larry Tanenbaum has an interest in one of them, as the future of London Hydro lands at Ridout and Horton streets comes under the spotlight.

The construction billionaire is involved in the invest-

ment firm Kilmer Brownfield, which is to give a presentation to council on the issue Tuesday.

Also to be considered are the downtown master plan, which includes wider sidewalks and better links with the Thames River, and the latest stage of plans for the former South Street hospital lands, which are earmarked for housing.

MIKE DONACHIE/METRO

On the agenda

- SoHo's future
- Fincore Group's towers
- Downtown master plan
- London Hydro lands
- Wonderland Road retail

Mandela. South Africa's president asks world to pray for ailing hero

Nelson Mandela's health has deteriorated and he is in critical condition, the South African government said Sunday.

The office of President Jacob Zuma said in a statement that he had visited the 94-year-old anti-apartheid leader at a hospital Sunday evening and was informed that Mandela's condition had become critical in the past 24 hours.

"The doctors are doing everything possible to get his condition to improve and are ensuring that (Mandela) is well-looked after and is comfortable. He is in good hands," Zuma said in the statement.

Zuma also met Graca Machel, Mandela's wife, at the hospital in Pretoria and discussed the former leader's condition, according to the statement. Zuma was accompanied on the visit by Cyril Ramaphosa, the deputy president of the country's ruling party, the African National Congress.

Mandela, who became South Africa's first black president after the end of apartheid in 1994, was hospitalized on June 8 for what the government said was a



Nelson Mandela
AFP/GETTY IMAGES/FILE

recurring lung infection.

Zuma appealed to South Africans and the rest of the world to pray for Mandela, his family and the medical team that is attending to him.

Mandela was jailed for 27 years under white racist rule and was released in 1990. He then played a leading role in steering the divided country from the apartheid era to democracy, becoming South Africa's first black president in all-race elections in 1994.

As a result of his sacrifice and peacemaking efforts, he is seen by many around the world as a symbol of reconciliation. **THE ASSOCIATED PRESS**



A man walks past a mural depicting Nelson Mandela Sunday in Johannesburg, South Africa. CHIP SOMODEVILLA/GETTY IMAGES

Elliot Lake

Town marks 1-year anniversary of mall collapse

Residents of Elliot Lake, Ont., marked the one-year anniversary of the collapse of the town's shopping mall by releasing balloons carrying messages of remembrance into the sky, said one of the people who attended the event.

Lifelong resident Joshua Bouchard said people filled a local civic centre

on Sunday, listening to songs dedicated to the two women who lost their lives when the Algo Centre Mall roof caved in.

"Emotions were a little high, but calm," said Bouchard, who has lived in the town for all of his 25 years.

"I think they're just glad to come together as a community and remember this event together," he said.

Just after 2 p.m. — the exact time the mall collapsed — hundreds of balloons were let loose, Bouchard said.

THE CANADIAN PRESS



Calgarians began the flood cleanup in earnest Sunday as 65,000 residents were allowed access back into their homes to survey the damage. CANDICE WARD/FOR METRO

Calgary flood victims begin returning home

Surveying the damage.

City still working to restore power to 24,000 customers

Quoted

"There are pockets of downtown where normalcy will not return for weeks."

Calgary Mayor Naheed Nenshi



JEREMY NOLA
Metro in Calgary

City of Calgary officials gave permission to 65,000 residents to return home Sunday and survey damage from flooding unlike any the city has seen in decades.

But some areas remained inaccessible, cut off by water

that also damaged major landmarks, including the Pengrowth Saddledome and the Calgary Stampede grounds.

Mayor Naheed Nenshi encouraged employers in the core to only operate with "essential staff," until at least mid-week.

It's estimated as many as 100,000 residents were forced to leave their homes initially

Thursday and Friday as water gushed into 25 communities.

Erosion had also wreaked havoc on storied communities like Inglewood and Bowness, where rushing water had carried whole pieces of road away. Canadian Forces members worked throughout the day Saturday to protect the area, including nearby homes.

Those same members were

also tasked with attempting to save an electricity substation in the city's southeast that Gianna Manes, CEO of utility provider Enmax, said had "become part of the Bow River."

Sarah Harvey and Jan Gilroy were among the first people to return to Calgary's Riverbend area after that community reopened Saturday afternoon.

"I was checking every five minutes," Gilroy said. "I was just like, 'Please let us go back to my house.'"

Estimates on damage had not even begun to be tabulated, officials said.

WITH FILES FROM ROBSON FLETCHER

Saskatoon braces for Alberta floodwater

Saskatchewan is bracing for fast-moving floodwater flowing from Alberta, as the South Saskatchewan River becomes more dangerous by the minute.

While the swift flows were expected to peak on Sunday or Monday, officials advised residents to take extra caution.

According to the provincial Water Security Agency (WSA), more than 6,000 cubic metres per second are estimated to move into the South Saskatchewan early this week, marking the highest flow recorded on the river since the early 1900s.

"It's going to take away soil faster and the riverbanks

are going to become unstable faster," Shelby Rushton, CEO of the Lifesaving Society's Saskatchewan branch, said on Sunday.

"With the increase of flow, the dangers are increasing and we're encouraging people to stay away from the riverbanks."

The City of Saskatoon also warned residents about the water flows after the WSA began releasing 2,000 cubic metres per second from the Gardiner Dam on Saturday.

MORGAN MODJESKI AND ROSS ROMANIUK/METRO, WITH FILES FROM THE CANADIAN PRESS



A passerby looks on as the quickly rising South Saskatchewan River covers a section of the Meewasin Trail in Saskatoon on Sunday. MORGAN MODJESKI/METRO

Woman advocates for new laws to protect victims of 'revenge porn'

No consent. Private sexual video chat posted by woman's ex after they broke up has had 'devastating' effect on her personal, professional life



JESSICA SMITH
Metro in Toronto

Holly Jacobs was in a committed long-term, long-distance relationship with a man she trusted. To keep the romance alive, she participated in a private sexual video chat with him.

She didn't know he'd recorded it, but he did. She didn't know that after she broke up with him it would go viral on the Internet, but it did. Along with her full name, workplace and contact info.

Jacobs told Metro she believes the video was posted as a form of "revenge porn" — intimate photos or videos



A Nova Scotia MP has tabled a bill to make the posting of revenge porn illegal. ISTOCK IMAGES

posted online without the other person's consent, with the intent to hurt them.

In some cases of revenge porn — which has several websites devoted to it — the photos were given freely during a relationship, but the

victims did not consent to having them made public. In other cases, photos are taken during a sexual assault and posted online.

Nova Scotia MP Robert Chisholm is hoping Canada will follow New Jersey and

make the posting of revenge porn illegal. He tabled a private member's bill before Parliament broke for the summer and hopes to work with the Conservatives on a similar bill in the fall.

His draft bill would make

it an offence to distribute nude or sexually explicit photos of someone without his or her consent, punishable by jail time of 18 months to 10 years.

"Victims need to have services available, they need to have support and ultimately what they need is legal protection and perpetrators need to be held accountable," he said.

Chisholm wrote the bill after consulting with Rehtaeh Parsons' family, who live in his riding. Parsons killed herself after photos of her alleged sexual assault were distributed among her peers, many of whom bullied her afterward. No charges have been laid in the case.

"It's not just Rehtaeh — there have been similar cases throughout Canada and North America," he said.

Jacobs lauded Chisholm's bill. "This bill does a really good job of punishing (revenge porn), and gives people who do this what they really deserve," she said. "They deserve to be in prison — up to 10 years is great."

endrevengeporn.com

Fighting back

When Holly Jacobs broke up with her boyfriend, she was a PhD student — she didn't plan to be a porn star. But now, if anyone searches her birth name online, they'll find a video of her performing a sexual act.

"The kind of damage that revenge porn can do to someone's life — professional, personal, psychologically — it's devastating," she said.

Jacobs changed her name to Holly Jacobs, but someone kept linking her name and the details of her career with the pornography. Jacobs eventually convinced police to lay cyberstalking charges against her ex, and that case is ongoing. She has also launched endrevengeporn.com, a site devoted to advocating for new laws.

JESSICA SMITH/METRO IN TORONTO

Spain

Mother arrested after baby rescued from drain

A 26-year-old woman has been arrested in the Spanish city of Alicante on suspicion of attempting to murder her newborn baby who had to be rescued from inside a building's drains, the Interior Ministry said Sunday.

The ministry said the two-day-old boy, who still had his umbilical cord attached and was found wrapped in plastic bags, may have been trapped for 40 hours at a point where the building's drains converged into a manhole in a courtyard.

A neighbour had alerted firefighters at 2 a.m. Sunday to what was originally thought to be a meowing cat trapped inside the drains.

The baby, who weighed 4.6 pounds, is said to be in a serious but not life-threatening condition in hospital, having suffered a fracture to a bone in one arm. **THE ASSOCIATED PRESS**

Candidate shot, rival supporter killed in Albania's elections

Albania's national elections Sunday were marred by violence after an exchange of gunfire wounded a candidate and killed a supporter of a rival party, tainting what had been a largely peaceful campaign and threatening to undermine the country's bid to join the European Union.

Though the leader of the main Socialist Party has claimed victory, it's unclear when the results will be announced because the body that oversees elections in the Balkan country hasn't enough members to certify them constitutionally following a political dispute. However, the law mandates they be revealed no later than three days after the polls.

Election day has been overshadowed by the violence. A police spokesman said Gjon Gjoni, 49, died after being



An Albanian voter casts her ballot in the capital, Tirana, Sunday.
HEKTOR PUSTINA/THE ASSOCIATED PRESS

shot in an exchange of fire that also wounded Mhill Fufi, 49, a candidate for Prime Minister Sali Berisha's governing Democratic Party. Another man, Fufi's relative Kastriot Fufi, 39, was also wounded.

Details surrounding the incident, which took place in the city of Lac, about 50 kilometres from the capital,

Rocky road to democracy

- Once one of the world's most hardline communist countries, Albania has had a rocky road to democracy over the past couple of decades.
- Corruption has plagued the impoverished country, and its elections have been marred by violence and vote-rigging.

Tirana, were sketchy.

However, a spokeswoman for the ruling Democratic Party, Laura Vorpsi, said Fufi was trying to move away some opposition supporters who were trying to bribe voters, and alleged that they "responded with shooting rounds."

THE ASSOCIATED PRESS



Supermoon rising

A supermoon is seen behind the Statue of Liberty on Sunday in New York. The larger-than-normal moon called the "supermoon" happens only once this year as the moon on its elliptical orbit is at its closest point to Earth and is 13.5 per cent larger than usual.

JULIO CORTEZ/THE ASSOCIATED PRESS

U.S. Girl Scouts look on as the cookie crumbles

Opposing camps. Fiscal trouble, declining membership and grass-roots dismay plague organization

Given the friction and financial woes facing the Girl Scouts south of the border these days, perhaps it's time for a giant friendship circle.

Just a year after its centennial celebrations, the Girl Scouts of the USA finds itself with problems including declining membership and revenues, a dearth of volunteers, rifts between leadership and grass-roots members, a pension plan with a \$347-million US deficit, and an uproar over efforts by many local councils to



Anna Maria Chavez, CEO of Girl Scouts of the USA, at left, supports the world's largest girl-led business during National Girl Scout Cookie Day on Feb. 8 in New York City. GETTY IMAGES FILE

sell venerable summer camps.

The tangle of difficulties has prompted one congressman, Rep. Bruce Braley of Iowa, to request an inquiry by the House Ways and Means Committee into the pension liabilities and the sale of camps.

Quoted

"I am worried that America's Girl Scouts are now selling cookies to fund pension plans instead of camping."

Rep. Bruce Braley, D-Iowa, in a letter last month to the chairman of the House Ways and Means committee.

Compounding the problems are tensions at GSUSA headquarters in New York, where several senior executives have quit or been ousted since Anna Maria Chavez took over as CEO in 2011. Last week, some of the roughly 325 employees there were invited to take early retirement, and Chavez said an unspecified number of layoffs are expected in August.

THE ASSOCIATED PRESS



Palestinian wins Arab Idol

Singer Mohammed Assaf is seen on the Arab Idol stage in Beirut, Lebanon, on Saturday night, when he became the first Palestinian to win the Arab world's version of American Idol. That set off wild celebrations across the Palestinian territories. After the victory, Palestinian President Mahmoud Abbas declared the singer an honorary ambassador. He was also named a named a youth ambassador by the UN's Relief and Works Agency, which serves Palestinian refugees across the Middle East. The agency runs the Khan Younis refugee camp in Gaza, where Assaf has lived since the age of four.

MBC GROUP/THE ASSOCIATED PRESS

Food production

Laval student links bee deaths to certain insecticide

Seeding is over for this year on Canadian corn and soy farms. But research suggests the consequences on bees could last a long time.

Laval University master's student Olivier Samson-Robert collected data showing apiaries less than three kilometres from fields with insecticide-treated seeds had three times the mortality rate of other locations.

Samson-Robert aimed to put a figure on the decline in bee populations and determine how much of it was linked to neonicotinoid insecticides, one of the most widely used insecticides worldwide. He said 99 per cent of corn seeds and 50 per cent of soy seeds in Quebec are coated with it. Particles from the insecticide escape into the air when the seeds are planted.

Pollination is responsible for 70 per cent of cultivated plants, and for 35 per cent of humans' overall food consumption.

THE CANADIAN PRESS

T-Day: Twinkies make their comeback July 15



Hostess is back after going through bankruptcy, and will have snack cakes including Twinkies on shelves next month. THE ASSOCIATED PRESS FILE

Hostess is betting on a sweet comeback for Twinkies when they return to shelves next month.

The company that went bankrupt after an acrimonious fight with its unionized workers last year is back up and running under new owners and a leaner structure. It says it plans to have Twinkies and other snack cakes back on shelves starting July 15.

Based on the outpouring of nostalgia sparked by its

demise, Hostess is expecting a blockbuster return next month for Twinkies and other sugary treats, such as CupCakes and Donettes. The company says the cakes will taste the same but that the boxes will now bear the tag line The Sweetest Comeback in the History of Ever.

"A lot of impostor products have come to the market while Hostess has been off the shelves," says Daren Metropoulos, a principal of the investment firm Metropoulos & Co., which teamed up with Apollo Global Management to buy a variety of Hostess snacks.

Hostess Brands Inc. was struggling for years before it filed for Chapter 11 bankruptcy reorganization in early 2012. Workers blamed the troubles on years of mismanagement, as well as a failure of executives to invest in brands to keep up with changing tastes. The company said it was weighed down by higher pension and

medical costs than its competitors, whose employees weren't unionized.

Sugar rush

- The company's shuttering last fall triggered a rush on Hostess snack cakes, with stores selling out of the most popular brands within hours.

THE ASSOCIATED PRESS

Beyond the Border

Peace Bridge brawl won't derail border pact: Doer

Canada-U.S. border co-operation under the Beyond the Border pact will not be derailed by the brawl between Canadians and Americans on the 10-member board that oversees the Peace Bridge, said Gary Doer, Canada's ambassador to the U.S., on Sunday. Beyond the Border was a landmark pact signed with much fanfare by Canada and the U.S. two years ago. THE CANADIAN PRESS

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GET READY FOR THE NEW COLD WAR

Ever wonder what would happen if the Internet were to become self-aware?

Mark Rayner has.

What about if the Internet then were to lock all humans out of it, and then only wanted to talk to one guy via his web-enabled fridge?

OK, there's no way you've thought about that. But Rayner has. And that's precisely the scenario he explores in *The Frigdularity*, his latest work of fiction, a satirical novel that delves into Internet addiction, Internet culture and the concept of technological singularity — a theoretical moment in the future when computers become smarter than humans.

And now the novel has received recognition from IndieReader, the New York-based promoter and reviewer of self-published (or indie) books. Rayner was recently named the winner of the first annual IndieReader Discovery Award (IRDA) in the humour category.

"There were a lot of good books in the same category," Rayner says, "so it was a pleasant surprise to win for best humour."



URBAN COMPASS

Todd Devlin

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The genre is familiar to the Londoner, who has written three novels, hundreds of short stories and flash fictions, as well as several plays.

"I love humour and satire," Rayner says, citing Kurt Vonnegut as one of his literary heroes. "It's not that I don't have a serious point, but I prefer making it in a way that's entertaining and accessible."

Computers attaining superintelligence, taking over the Internet and holding humans hostage? That certainly qualifies as a serious point to be made. But like all good satire, *The Frigdularity's* underlying message is delivered in an amusing way.

The idea, Rayner says, came while he was daydreaming on the beach shortly after reading

The Singularity Is Near by Ray Kurzweil.

"I was kind of horrified by it," he says. "Not his positive vision of the singularity, but the underlying notion that we should be embracing all of this technology without really questioning the nature of what it is going to do to us as

humans. Would we even be humans when — and if — this all happens?"

Rayner explored the topic and thought it would be interesting to see what effects self-aware machines would have on humanity in general. He thought the issue particularly appropriate in our current climate where technology reigns supreme.

"I'd been musing quite a bit about how much time we spend on the Internet. It's easy to get lost in technology, and I've certainly noticed among my students that they're totally absorbed by social media. Even if I'm sitting next to them, helping them with their own projects, their Facebook pages are open in a tab, their mobiles are buzzing away and their attention spans seem to last about five seconds. So I thought, 'What if all that was taken away?'"

It was, he admits, a professor's little fantasy. But it's the reality for Blake Given, the protagonist in *The Frigdularity*. What unfolds is a story of a "reluctant prophet, Internet addicts in withdrawal and a kitchen appliance with delusions of grandeur," he says.

And now it's an award-winning story.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



ZOOM

Flying bike idea gets off the ground

ET-like flying bike takes to the skies

It's a bird! It's a plane! No, it's a flying bicycle! British designers Yannick Read and John Foden have revealed their extraterrestrial-looking vehicle, the XploreAir Paravelo, a bike that transforms into an ultralight aircraft requiring no licence to fly and capable of reaching altitudes of up to 1,220 metres. **METRO**

Bikes and the Wrights

"The Wright brothers were former bicycle mechanics, so there's a real connection between cycling and the birth of powered flight that's recaptured in the spirit of the XploreAir X1 flying bike."

John Foden, co-designer at XploreAir

Wheweeeee!

- **Speed & power.** Travels at 40 kilometres an hour in the air, for up to three hours at a time, powered by a biofuel 249cc motor and parachute.
- **Design.** Foldable, tows a lightweight trailer carrying a powerful fan.
- **Plans.** If it draws enough public support, it will go into full production and later go on sale for less than \$23,488.

It's economical, too

"Unlike a helicopter, you don't need a large hangar and bank balance to own a flying bicycle — you can store it in your apartment and it costs less than a car."

Yannick Read, co-designer at XploreAir Read's previous invention was the "B.O.N.D." (Built of Notorious Deterrents) bicycle, a vehicle equipped with a flame thrower, caterpillar tracks and an ejector seat. It was built following a survey asking cyclists about their pet peeves.



JONATHAN HORDLE/REX FEATURES

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

If you're the type who eschews the summer reading list for a summer mobile-gaming list, the past few weeks have been very good to you. Here are three games to chew up the hours while you're taking a break from the sun.:



Badland :

Guide your flying fluffball through a beautifully designed interactive world that also happens to be relentlessly hostile. Scoop up power-ups along the way to survive a challenging mix of platforming and puzzle-solving, similar to *Limbo*. (iOS and Android: \$4.99)

Leviathan Warships :

Manage and upgrade a fleet of ships for turn-based multiplayer naval warfare against your friends. Everything about your fleet is customizable, so

it's up to you to weigh the pros and cons of going big guns blazing versus staying swift and nimble. (iOS and Android tablets: \$4.99)

Frozen Synapse:

A wildly addictive and challenging tactical strategy game that charges you with commanding a team of soldiers across a minimalist game board, using buildings and obstacles as cover. Find which of your soldiers complement each other best and surprise your multiplayer opponents with clever ambushes. (iPad: \$6.99)

Twitter

RE: Floods ravage southern Alberta, published June 21

@WestJet: We've asked WestJetters to match our @redcrosscanada

donation and encourage all CDNs to do the same: <http://fly.ws/17wjrab>

@rsinghphoto: Disgusting to hear some businesses charging \$20 for a bag of ice or \$45 for a case of water!

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

How to get your undead fix

World War Z. Zombies have captured our imagination for years — here are a few suggestions on how to enjoy these infamous brain eaters



**NED
EHRBAR**
Metro World News in Hollywood

It's rarely a good sign when reports of trouble behind the scenes of your mega-budget film eclipse the movie's marketing, but that's what has been going on with *World War Z* for the better part of a year now, with everything from script problems to massive rewrites to strife between star Brad Pitt and director Marc Forster nabbing headlines. None of this suggests good news when it comes to the film itself. If you're not feeling too confident about seeing the new zombie flick either, here are some alternatives to get your undead fix.

Go read a book

After being worked on by a who's who of Hollywood screenwriters, the film *World War Z* strays pretty far from the book that inspired it. Why not curl up with Max Brooks' original and envision some worldwide zombie terror with your own imagination?

Go for a classic

There are plenty of sub-par zombie movies out there, so instead of taking the risk of seeing yet another, why not revisit something more dependable? In keeping with the fast-moving brain-munchers of *World War Z*, we recommend Danny Boyle's



Get your zombie fix by catching up on the latest season of *The Walking Dead*. HANDOUT

chilling *28 Days Later* or Will Smith's take on *I Am Legend*. Of course, there's always Lucio Fulci's unintentionally hilarious Caribbean-set *Zombie* from 1979, which features a zombie-versus-shark battle that has to be seen to be believed.

Go gaming

The latest season of *The Walking Dead* might be over, but there's plenty more — and, arguably, better — action to be had in the impressively sprawling, award-winning video game version. But don't expect to walk around as an Andrew Lincoln avatar or anything, as the game is based more on the comic book that inspired the show and uses completely new characters — though you may come across some familiar faces.



28 Days Later is a pretty dependable zombie flick. HANDOUT

Get on Netflix

Maybe you haven't actually caught up on *The Walking Dead*, in which case good news: The entire series is

available for streaming on Netflix. On the film side, you can also stream the zombie thriller *Let Me In*, which is the American remake of the

Box office

Monsters beat out zombies

Disney's *Monsters University* is the weekend box-office winner, according to studio estimates released Sunday. The animated family film, a prequel to *Monsters Inc.*, debuted in first place with \$82 million. It beat out Paramount's Brad Pitt zombie romp *World War Z*, which opened in second place with \$66 million.

THE ASSOCIATED PRESS

stellar Swedish flick *Let the Right One In*.

Go indie

Writer/director/star Jeremy Gardner made the *Battery*, an impressively original zombie flick, on a budget of \$6,000 — but you can hardly tell. Consider it the antithesis to the bloated *World War Z*. The indie gem has been collecting awards and accolades around the world on the festival circuit and is now available to rent or own online. Find out more at thebattery movie.com.

Go to the movies

Instead of the zombie apocalypse, how about just the good old-fashioned actual apocalypse? This *Is The End* is still going strong at the box office and may be the funniest thing in theatres. And Jonah Hill turns into something sort of resembling a zombie at some point. Plus, it's got cannibals, well-endowed demons and Emma Watson with an axe. How is Brad Pitt supposed to compete?

2 SCENE

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Justin Bieber ALL PHOTOS: GETTY IMAGES

Fast and furious: Bieber's neighbours mad at star's reckless driving

Justin Bieber's neighbours are so fed up with he and his friends' reckless driving in their gated Calabasas, Calif., community that they've asked the police to intervene, according to E! News. There's also been an emergency Homeowner's Association meeting planned to address the issue. "It has been escalating for the past six

months. He has begun to flip over to a really dark side," a neighbour says of Bieber's "aggressive, reckless" behaviour. "They have sent him warnings. He's out of control. Everyone has a Bieber white Ferrari story. God forbid someone gets hurt by that car. He just feels like he is above the law." There are apparently some laws he's not

above, though, as Bieber once again found his age to be an obstacle to having a good time. The 19-year-old reportedly requested an invitation to the Miami Heat's victory bash last week at a South Beach nightclub but was turned down by both the club management and the team because he is under 21, sources say.

LONDON TRANSIT NEWS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Forget zombies, it's the attack of the lizard people



STARGAZING
Malene Arpe
scene@metronews.ca

Brad Pitt says *World War Z* is "the most intense thing you're gonna see all summer." Oh, I don't know about that. Alcide eating someone's arm on last week's *True Blood* was pretty arghhhh.

Kim and Kanye reportedly name their baby North West. The Northwest Territories, Oliver North, North By Northwest, WestJet, North Korea and the West Nile Virus plan a

class action suit. Kris Jenner, meanwhile, refers to the child as Kompass.

Ryan Reynolds drops out of the *Highlander* remake. That's really too bad. We were all looking forward to Connor MacLeod of the clan MacSmartass.

Jennifer Lopez joins 33, the dramatic movie about the trapped Chilean miners. "Oh," Jennifer said, "My mistake. I thought it was a movie about famous, beautiful people who are 33. Just like I am. Ooops."

Nigella Lawson's husband, who was photographed choking her, says it was "just a playful tiff." That's plausible. And the swift kick that should be aimed at his crotch is what I would describe as "a gentle kerfuffle."

Leslie Gold of the show *Hardcore Pawn*

says he would buy Kim Kardashian's baby's dirty diapers. "That's so disgusting," says Kris Jenner. "What in the world is wrong with you? We wouldn't sell that ... unless you also buy the umbilical cord."

Don Ed Hardy says that Jon Gosselin's endorsement killed the Ed Hardy brand. There were, of course, many other contributing factors, such as severely decreased spending power, a demographic shift and ugly.

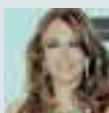
A member of Whitby Town Council in England says he's regularly abducted by lizard people and has fathered an alien baby but it's no big deal and he just wants to fix potholes. "Why can't we have that kind of politician?" asks everyone in Montreal and Toronto.

Twitter



@Sethrogen

Just flew from Australia to London, which I think is as far as you can travel on earth before you're heading back to where you started.



@ElizabethHurley

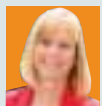
Yes - I am putting off packing and learning lines by tweeting nonsense.

Amanda Bynes 'nose' what the people want

Amanda Bynes finally got her nose job this weekend, revealing on Twitter that she's got a lot more about the operation to share. "I'm going to post a video of some of the procedure on my Twitter," Bynes writes. "I need one more procedure to thin out the bridge of my nose."

Learn to save

Pros and cons of paying allowance



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The paying of an allowance is a personal choice. To help you figure out where you come down in the debate,

here's a handy list of pros and cons.

Pros

- Kids learn about the real-world concept of "work for money." The sooner they understand this dynamic, the better.
- Kids have the opportunity to save their own money toward the purchase of things they want but you don't want to buy.
- You can easily bribe them to clean up their rooms, clear

the table, do some vacuuming and maybe even fetch a glass of wine every now and again.

Cons

- The concept of contributing labour simply because they are a member of a functioning family is lost.
- Every chore in the house soon has a dollar amount attached to it.
- They might save their money and spend it on items you think are frivolous (at

best) or dangerous (at worst).

Where do I land on this?

Well, as the boss of my family, I believe in paying allowance. I know this is how the real world works, and I know that kids under the age of 14 can't earn good money working outside the home.* (*Legally. But check around. You never know.)

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

"Elmo's Song" is driving Mommy to drink. Read more (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices



No diaper? No problem, with EC

Toilet training.

The new parenting trend is "elimination communication." What is it and how can you implement it at home?

DOROTHY ROBINSON

Metro World News in NYC

It seems impossible: A baby — many times not much older than newly born — goes to the bathroom directly into the toilet and not a diaper. Devotees of "elimination communication" (EC) say that it can happen.

Christine Gross-Loh has been preaching this alternative to toilet training for years; her book, *The Diaper Free Baby*, has been the instruction manual for EC devotees since it was published in 2007. Here she gives advice on being number one in the "number two" business.

How is EC different from regular toilet training?

The most basic difference is that you start EC earlier, before a child has become so used to eliminating in diapers that potty training is a whole

new transition he has to get used to (and may be resistant to).

Babies are born with this awareness of elimination, but as they become used to eliminating in a diaper all the time, they lose that awareness — and have to work on becoming aware again when they reach the age of conventional toilet training. EC-ed children are often out of diapers completely at or before the age when most children are just beginning to embark on potty training.

What advice do you have for working parents who live in cities who may want to try EC?

EC can be done during the evening or on weekends. Even if you are at home with your baby full-time, you may not be doing EC full-time. It's easy to have some diaper-free time during the evening, or sit your baby on the potty before and after his bath. Doing EC does not mean you have to ditch diapers completely.

What are some drawbacks to EC? Benefits?

It's hard to do anything when it's not a cultural norm — you may get less support and less information. Informa-

tion about EC — about typical stages, about the logistics — is really key. Luckily, the information and support is out there as more and more parents do EC. And there are so many great reasons to give it a try: There are communication benefits (you learn to read your baby just as you learn how to figure out when he is hungry or sleepy), environmental and economic benefits (you go through fewer diapers) and health benefits (less diaper rash).

Finally, you are not relying on diapers so much that your child becomes reluctant to let go of them, a problem that some parents face when doing conventional toilet training.

Why do you think EC has taken off in recent years?

I think it's because there are so many parents out there who know more about the world around us. They know that in cultures around the world, it's not at all the norm for a baby older than one to be in a diaper.

When you know that this isn't a universal thing, it makes you feel more open to understanding why and how this is, and to realizing there are some viable lessons here for us.



Looking for a new alternative to toilet training? ISTOCK IMAGES

3 THE



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This potato salad is the cream of side dishes



BBQ potato salad with crispy red onions. THE CANADIAN PRESS

This rich and creamy potato salad can be served warm or cold. The crispy red onions add a unique touch to this summer staple.

1. Heat oven to 200 C (400 F).

2. Place potatoes horizontally on cutting board and slice

vertically into 1-cm (1/2-inch) thick slices. Brush with 15 ml (1 tbsp) of the olive oil; season with salt and pepper.

3. Place in a single layer on a non-stick baking sheet; bake for 20 minutes.

4. Remove sweet potatoes to

a plate. Return baking sheet (with remaining potato slices) to oven; continue baking for 5 minutes or until just tender.

5. Heat barbecue to medium-high heat. Brush potatoes with remaining olive oil. Grill on greased grill for 3 to 4 minutes per side or until grill marks appear. Let cool.

6. In a large bowl, whip cream until soft peaks form; stir in mayonnaise. In a small bowl, combine dill, mustard, lemon zest, sugar, parsley, thyme, cayenne and garlic; fold into cream mixture. Stir in potatoes; toss gently to coat. Serve with crispy onions on top.

Crispy onions

Slice onion in half and cut into fine slices. In a bowl, toss onion with flour; shake off excess. In a large skillet, add enough oil to coat entire skillet and heat on medium heat. Add onion and cook in batches until golden, adding

Ingredients

- 1 each sweet potato, yellow-fleshed and purple or red potato (each about 250 g/1/2 lb)
- 30 ml (2 tbsp) olive oil, divided
- Salt and fresh cracked black pepper, to taste
- 125 ml (1/2 cup) 35 per cent whipping cream
- 50 ml (1/4 cup) mayonnaise
- 22 ml (1 1/2 tbsp) chopped fresh dill
- 15 ml (1 tbsp) whole grain mustard
- 15 ml (1 tbsp) grated lemon zest
- 5 ml (1 tsp) brown sugar
- 5 ml (1 tsp) each chopped fresh parsley and thyme leaves
- 2 ml (1/2 tsp) cayenne
- 1 clove garlic, minced

Crispy Red Onions:

- 1 red onion, peeled
- 30 ml (2 tbsp) all-purpose flour
- 125 ml (1/2 cup) vegetable oil (approx)

- 1 green onion, chopped

more oil if necessary. Remove to paper towels. Divide potato salad among serving plates. Top with crispy onions and green onion. **THE CANADIAN PRESS/ CHEF DEVAN RAJAKUMAR**

Healthy eating

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Shake up your summer grill with Shishito peppers

Never had shishito peppers? You need to track them down. Right now.

First, a primer. Shishito peppers are small, thin Japanese peppers. They look a bit like a longer, thinner jalapeno. But the flavour is quite different. While jalapenos have thick flesh and an assertive heat most of us are familiar with, shishitos are thin skinned and generally sweeter than they are hot.

Except when they are not. For reasons that are debated online, one out of every dozen or so shishito peppers packs a medium-to-hot punch.

During the past year or so, shishito peppers have become a darling of the restaurant scene. Nothing on the epic scale of ramps, which New York chefs in particular went a little crazy for a few years ago. But they have been showing up on more and more menus across the country. Shishito peppers generally are served as a starter, often heaped in a bowl and munched. And the prep couldn't be easier. They are cooked whole, usually with a splash of oil and just enough time in the skillet to lightly brown in spots. Seasonings



Shishito peppers. AP PHOTO

Ingredients

- 1 pound shishito peppers, left whole
- 2 tablespoons toasted sesame oil, divided
- 1 tablespoon coarse or flake salt, such as Maldon or kosher
- 1/4 cup finely chopped almonds

can vary, though coarse salt is a must.

In addition to having a wonderfully addictive flavour — the trinity of oil, salt and a gentle heat helps here — shishito peppers are perfect for summer.

Start to finish: 15 minutes and serves 4.

1. Heat a grill to high. In a large bowl, combine the peppers and 1 tablespoon of the oil. Swirl and toss the peppers until evenly coated with the oil.

2. Using tongs, arrange the peppers on the grill so they lay across the direc-

tion of the grates (not with them). The goal is to prevent the peppers from falling through the grates. Cook, turning often, until the peppers begin to brown and blister, about 4 to 6 minutes.

3. Return the peppers to the bowl (no need to wipe it out). Add the remaining oil, the salt and almonds, then toss well. Transfer to a serving bowl and serve immediately.

Nutrition information per serving: 140 calories; 90 calories from fat (64 per cent of total calories); 10 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 12 g carbohydrate; 6 g fibre; 5 g sugar; 4 g protein; 1,450 mg sodium.

THE ASSOCIATED PRESS

I get by with a little help from my co-workers

The task of the ask.

Inquiring with others when you're unsure at the office should never bring you shame

ASHLEY
MILNE-TYTE
Metro World News

Most of us don't like asking for help at work, even when we're overwhelmed. We fear it makes us look weak. In fact, it can bring huge benefits.

Last year I was interviewing a successful small business owner when she mentioned one thing that had initially held her back: feeling she had to do everything herself and do it perfectly. But she soon realized her male counterparts were asking other entrepreneurs for help and advice all the time, and that this actually played a significant part in their success.

She let her guard down and began following in their footsteps. She now ad-

Fear of rejection

Why not ask for help?

- We tend to take "no" very personally. We need to take a step back and realize it's not always about us. "If we decide not to take it personally, the way we ask becomes different," Inam says.

vises all of the women she mentors to do the same.

I spoke to leadership coach Henna Inam about a few of the reasons why women in particular are so squeamish about asking for help.

I hate bothering people

To turn this perception around, think instead about how you'd feel if someone asked you for help or advice. Most of us, Inam points out, would feel flattered in that situation: "The ego feels good. You're able to give someone something

they need and want." So don't hold back.

It makes me look like I can't do it myself

There are two sides to this one. First, there's you grappling with your own ego, the stubborn inner child that insists you don't need help to achieve this thing. That's easily dealt with — just tell the child to pipe down.

Less easy, as I put it to Inam, is dealing with the fact that surely some colleagues or managers actually will see you as weak if you ask for help.

She admits that there is no good answer to this question. Yes, maybe they will. But she is against the idea of women living their lives in fear of what someone else may think about them.

"If (never asking for help) becomes an unconscious habit, that's when it becomes dangerous," she says.

In other words, by all means be judicious about who and when you ask — but if you need help, ask.



Feeling overwhelmed at work? Ask for help. iStock

Of meetings and melting. Help your employees beat the heat this summer

Are you working in an environment without air conditioning this summer? Indoor or outdoor work conditions can pose a hazard to employees in the intense heat, so here are a few precautions any company can take to provide relief:

Outdoor work conditions

• One frequently overlooked summer risk is sunburns, but providing sunblock for your employees is a quick and easy way to provide them with some comfort and peace of mind on blazing days.

• Keep your workers hydrated. Ensure there is plenty of bottled water on-hand for all workers, both inside and out.

• Aside from water, sport drinks and nutrient replacement drinks can help replenish the body's lost electrolytes.

• Provide breaks for workers to take a rest and have a snack or drink. In the summer heat, it is very easy to lose focus when dehydration sets in, and in outdoor settings such as construction, maintaining a high degree of



Quenching thirst often leads to constructive behaviour. iStock

focus is important to everyone's safety.

• Ensure there is access to shade. Whether it's a small sport shade, a tent or a nearby air conditioned area, make sure workers can get a break from the relentless sun on very hot days.

Indoor work conditions

Stock up on supplies. Companies such as Staples Advantage Canada suggest summer-time necessities such as sport drinks, bottled water, and even first aid kits. Your employees are worth protecting all year round, they say.

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The Blue Jays celebrate a sweep of the Orioles following a 13-5 victory in Toronto on Sunday. ABELIMAGES/GETTY IMAGES

Blue Jays soaring after late takeoff

MLB. Toronto thumps Baltimore for its 11th straight win and third consecutive sweep

The Toronto Blue Jays didn't hang their heads when they struggled at the start of the season.

The mood remained upbeat despite regular losses. The players knew they had the potential to turn things around and fulfil the high expectations.

Toronto took another big step in its attempt to get into contention in the American

League East by completing a three-game sweep of division rival Baltimore with a 13-5 rout of the Orioles on Sunday. The Blue Jays also tied a franchise high with their 11th straight win.

The streak has reinvigorated the team's fan base, the players are all smiles and the early-season woes seem like a distant memory.

"It was a battle early on, we all know that," said Jays manager John Gibbons. "We always figured it was just a matter of time before we started playing better. And (the slump) lasted longer than we expected but that's all behind us now."

Franchise record

The Blue Jays have won 11 games in a row on two other occasions: June 2-13, 1987, and Aug. 27-Sept. 7, 1998.

- They will go for the franchise record Monday night at Tampa Bay.

"We're rolling along right now."

Edwin Encarnacion and Colby Rasmus homered and veteran right-hander Josh Johnson worked into the seventh inning for his first win of the season.

Jose Bautista put the game out of reach with a bases-clearing double in the seventh inning to the delight of the sellout crowd of 45,214 on a hot, sunny afternoon at Rogers Centre.

The Blue Jays (38-36) moved two games over the .500 mark and are now just five games behind first-place Boston. Encarnacion drove in four runs and had three of Toronto's 14 hits.

"I've been waiting for this since the season started," he said. "I believe in this team. I knew that things had to change, that things had to become good for us. So this is the way right now."

THE CANADIAN PRESS

MLB

Red Sox drop the ball against Tigers

Torii Hunter hit a tiebreaking sacrifice fly in the eighth inning after two Boston errors helped load the bases, and Prince Fielder added a two-run single to help the Detroit Tigers to a sloppy 7-5 victory over the Red Sox on Sunday.

Justin Verlander struggled and Detroit trailed 4-3 in the seventh before Andrew Miller (0-2) hit Jhonny Peralta with a pitch with the bases loaded to tie it.

In the eighth, umpires ruled Boston's Daniel Nava dropped Avisail Garcia's deep fly to right, and Red Sox manager John Farrell was ejected for arguing.

THE ASSOCIATED PRESS

NHL finals

Coaches short on injury details

Patrice Bergeron may or may not be available for the Boston Bruins in Game 6 of the Stanley Cup final, but Claude Julien is keeping that a secret. Jonathan Toews' status for the Chicago Blackhawks might be a little clearer.

Julien called Bergeron day-to-day with a "body" injury and added that status was "really good news" to him. Julien was short on details other than that. He said he did not know if Bergeron would skate Monday.

Chicago coach Joel Quenneville said Toews was feeling much better after leaving Game 5 on Saturday night with an upper-body injury. Quenneville said the team was "optimistic" the 25-year-old captain would be able to play Monday night. THE CANADIAN PRESS

Leafs package Frattin, Scrivens for Bernier



The Leafs acquired Jonathan Bernier from the Kings on Sunday. GETTY IMAGES FILE

The Toronto Maple Leafs looked to end their goaltending questions Sunday by trading for goalie Jonathan Bernier.

Bernier was stuck behind Jonathan Quick in Los Angeles. The Leafs were interested in upgrades at any position.

"I think it's incumbent upon every team to look at what's available and if there is an ability to improve you look to do it," GM Dave Nonis said last week in Boston.

Toronto gave up forward Matt Frattin, goalie Ben Scrivens and a second-round draft

Heading east

"He's been a great soldier for us and he's been a very good player for us."

Kings assistant GM Ron Hextall on Jonathan Bernier

pick in either 2014 or 2015.

Bernier, 24, is eligible to become a restricted free agent. He played in 14 games for the Kings in 2013, going 9-3-1 with a 1.88 goals-against average and .922 save percentage.

The Leafs' incumbent starter James Reimer went 19-18-5 this season with a 2.46 goals-against average and .934 save percentage.

Scrivens, 26, played 20 games for the Maple Leafs this past season with a 7-9 record.

Frattin, 25, had seven goals and six assists in 25 regular-season games for the Leafs in 2012-13.

"Just want to thank Maple Leafs for a first class experience to start my pro career," Frattin tweeted. "Very excited to join LAKings." THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

By all means take advice from your friends but don't let anyone dissuade you from following your chosen course of action. If in doubt, listen to your inner voice.

Taurus

April 21 - May 21

Try not to give in to feelings of self-pity today or it may color your entire week — in shades of dismal gray! You may be under pressure at the moment but you are tough enough to take it.

Gemini

May 22 - June 21

Someone you think of as a friend is planning to get rich at your expense, so err on the side of caution in all partnership matters. Just because they were honest yesterday does not mean they will be honest today.

Cancer

June 22 - July 23

It is too late to change the outcome of a long-running drama. All you can do is let fate take its course and trust that it will all work out fine in the end.

Leo

July 24 - Aug. 23

If you want a peaceful life over the next few days you are advised to keep your opinions to yourself. That applies both to what you think about the state of the world and to other people's private affairs.

Virgo

Aug. 24 - Sept. 23

You will have to make a few sacrifices this week, but it's really no big deal. In fact you will rather enjoy putting yourself out for other people's benefit.

Libra

Sept. 24 - Oct. 23

There are so many changes going on at the moment that it may be a bit bewildering. In time, of course, everything will become clear but for now you are advised not worry about the future.

Scorpio

Oct. 24 - Nov. 22

Are you thinking for yourself or are you following a fad just because everyone else is? It may be the latter and that is something you need to watch. There is no such thing as a "correct" opinion.

Sagittarius

Nov. 23 - Dec. 21

You may be thinking of giving up on something that is not working out for you. Don't! Everything will change over the next few days and it's quite likely you will begin to make progress.

Capricorn

Dec. 22 - Jan. 20

Other people may be telling you that you need to make changes but your solar chart says they are wrong. You are on the path you are supposed to be on.

Aquarius

Jan. 21 - Feb. 19

If your inner voice tells you to be careful you must listen to it. Cosmic activity in some of the more sensitive areas of your chart warns you are up against serious forces.

Pisces

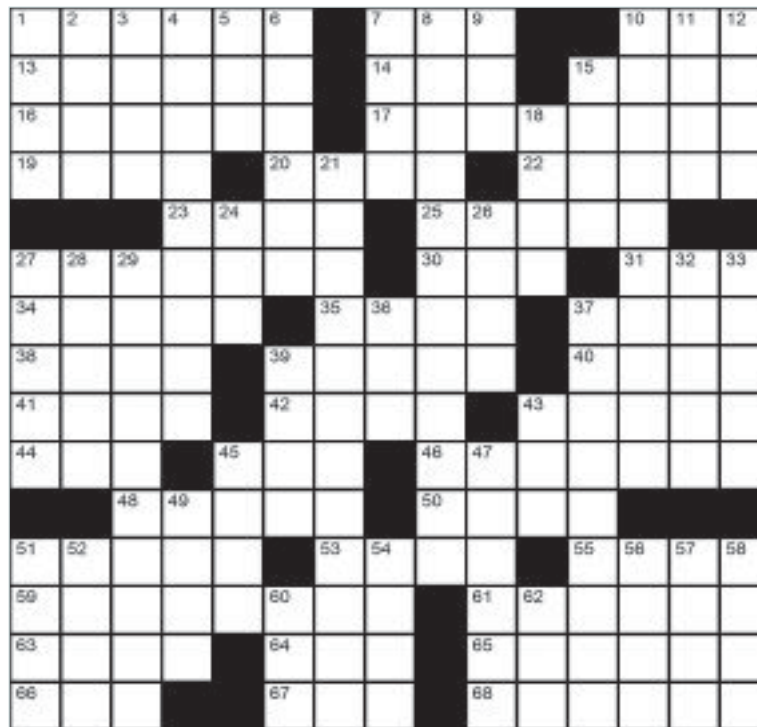
Feb. 20 - March 20

You are on the right track, of that there is no doubt. So why the persistent feeling that something is about to go wrong? Whatever the reason you've got to get past it. Great things await you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. The Ikea parking lot monkey
7. Belonging to Vancouver's prov.
10. "Casablanca" (1942) setting [abbr.]
13. Enthusiastic response to "Who wants ice cream?": 4 wds.
14. Baby ___ (A.A. Milne character)
15. Largest union in the country [acronym]
16. Formed groups, ___ up
17. NWT's ___ Gulf (Named after Norwegian explorer Roald)
19. Alice's por-trayer on "The Brady Bunch", ___ Davis
20. Goblet part
22. Skirt style
23. Diet ads word
25. Spherical
27. Select a politician: 2 wds.
30. Greek alphabet letters
31. Car fuel
34. Opinionated newspaper columnists
35. "Dirty Jobs" host, Mike ___
37. Mr. Walesa (Former leader of Poland)
38. De ___, Robert
39. Bobby-___ (1940s teen)
40. Opposing
41. "Rats!" ...less swearing-sounding



42. "___ Little Tender-ness" by Otis Redding
43. Computers: ___-___
44. Actress Ms. Irving
45. Not in, Bob & Doug style
46. Attorneys
48. Mr. Hill of movies
50. Heartburn relief brand

51. ___ rate
53. Industrial region of Germany
55. 'Noon' in Montreal
59. Shawnee chief (b.1768 - d.1813)
61. Detestable
63. Some trees
64. Universal ideal
65. Decayed

66. Married title
 67. Ordinal suffix
 68. Stunned
- Down**
1. Ms. Von Teese, Burlesque star
 2. Port of Yemen
 3. Horse hue
 4. England's tennis championships

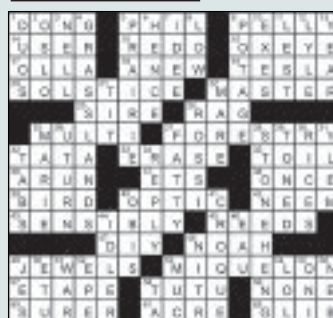
5. Chemical suffix
6. Says 'hello over there' non-verbally: 2 wds.
7. Highlands hillside
8. Edmonton Eskimos home, ___ Stadium
9. Old French coin
10. Disco, for one: 2 wds.

11. Frank
12. Actor Mr. Auber-jonois
15. Caesar's 451
18. Catches
21. Reason a CF-18 might be dispatched: 2 wds.
24. Suppositions
26. Repenter
27. Small town in Saskatchewan near Saskatoon
28. Poppy product
29. Winnipeg-born singer of "Seasons in the Sun": 2 wds.
32. Thespian
33. Construction wedges
36. ___ Power De-greaser (Palmolive dishwashing liquid)
37. Pamela Anderson's birthplace in British Columbia
39. Ancient colonnade
43. Uniquely-spelled mountain basin
45. Suffix meaning 'word'
47. Town in Ontario's York Region
49. Encumbrance
51. Speck
52. Sad droplet
54. "Here comes trouble!": 2 wds.
56. 9th Greek letter
57. Union payments
58. Not is
60. Toronto thorough-fare, Queen ___
62. Arfer!

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

29°/20°

Thunderstorms

40%

Tuesday

27°/20°

Thunderstorms

90%

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